You're invited!

Are you ...

____ lost, lonely, and homesick?
____ feeling sick with headaches or stomach aches?
____ not sleeping well?
____ having a hard time making friends?
____ confused about academic integrity?
____overwhelmed by your workload?
____ stressed, unhappy, or thinking too much?
____ worried that you are in the wrong program?
____ ready for winter?
____ wondering if you made the wrong choice by coming here?

X ready to talk to a real person and not a postcard

_____, we invite you to visit your **International Student Advisors** and your **Campus Counselling Center!**